

IDAHO CONTENT STANDARDS
GRADE 7-8
HEALTH

Standard 1: Healthy Lifestyles

Goals:	Objective 1	Objective 2	Objective 3	Objective 4	Objective 5	Objective 6	Objective 7	Objective 8	Objective 9	Objective 10	Objective 11
Goal 1.1: Acquire the essential skills to lead a healthy life.	7-8.H.1.1.1 Identify the components of physical fitness. (832.01.a)	7-8.H.1.1.2 Identify the prevention, causes, symptoms, treatment, and consequences of diseases and disorders. (832.01.b)	7-8.H.1.1.3 Demonstrate knowledge of basic first aid and injury prevention. (832.01.c)	7-8.H.1.1.4 Explain the relationship among mental/emotional, physical, and social health as a basis for wellness. (832.01.d)	7-8.H.1.1.5 Recognize the impact of substance abuse on personal health. (832.01.e)	7-8.H.1.1.6 Identify how food choices affect health. (832.01.f)	7-8.H.1.1.7 Label the major components of each body system and identify the relationship to overall health. (832.01.g)	7-8.H.1.1.8 Analyze the importance of healthy relationships. (832.01.h)	7-8.H.1.1.9 Examine environmental health and recognize how it relates to a healthy lifestyle. (832.01.i)		

Standard 2: Risk Taking Behavior

Goals:	Objective 1	Objective 2	Objective 3	Objective 4	Objective 5	Objective 6	Objective 7	Objective 8	Objective 9	Objective 10	Objective 11
Goal 2.1: Demonstrate the ability to practice health-enhancing behaviors and reduce health risks.	7-8.H.2.1.1 Identify risk factors that lead to STDs and pregnancy. (833.01.a)	7-8.H.2.1.2 Evaluate the impact of risky behavior on personal health. (833.01.b)	7-8.H.2.1.3 Identify the short-term effects and long-term consequences of substance abuse. (833.01.c)								

Standard 3: Communication Skills for Healthy Relationships

Goals:	Objective 1	Objective 2	Objective 3	Objective 4	Objective 5	Objective 6	Objective 7	Objective 8	Objective 9	Objective 10	Objective 11
Goal 3.1: Demonstrate the ability to use communication skills to enhance health.	7-8.H.3.1.1 Describe and explain the causes and effects of conflict in schools and families. (834.01.a)	7-8.H.3.1.2 Demonstrate communication skills that enhance personal relationships. (834.01.b)									

Standard 4: Consumer Health

Goals:	Objective 1	Objective 2	Objective 3	Objective 4	Objective 5	Objective 6	Objective 7	Objective 8	Objective 9	Objective 10	Objective 11
Goal 4.1: Organize, analyze, and apply health information practices and services appropriate for individual needs.	7-8.H.4.1.1 Analyze the validity of health information, products, and services. (835.01.a)	7-8.H.4.1.2 Identify the available resources that provide health care services and information. (835.01.b)									

Standard 5: Mental and Emotional Wellness

Goals:	Objective 1	Objective 2	Objective 3	Objective 4	Objective 5	Objective 6	Objective 7	Objective 8	Objective 9	Objective 10	Objective 11
Goal 5.1: Understand and demonstrate the key components to positive mental and emotional health.	7-8.H.5.1.1 Identify mental and emotional disorders. (836.01.a)	7-8.H.5.1.2 Recognize the personal aspects of mental and emotional health. (836.01.b)	7-8.H.5.1.3 Identify stressors and techniques for stress management. (836.01.c)	7-8.H.5.1.4 Demonstrate aspects of emotional safety. (836.01.d)	7-8.H.5.1.5 Analyze factors that influence the use of alcohol, tobacco, and drugs. (836.01.e)						